

1994 Professional Seminar: The Road to Remembrance Barbara Bullard

(Transcription from the seminar audio tape.)

People remove roadblocks, particularly with their ways of learning. I am in what's called a second chance school, community college. And a lot of my students screwed around in high school and or had lots of kinds of problems did a lot of drugs, they get into my school, and they don't think that they can learn. Now I have a belief philosophy that if we probably use maybe 10% of our brain capacity at any time, we can go in and access and so I began a search at least 22 years ago, into how can I help my students to recreate their learning myths. And after I get through their belief system, how can I give them some real strategies that really make a difference. Now, I am somewhat famous in California, actually really famous in California, for creating what's called a quantum learning approach to the brain using a lot of strategies from split brain, but also of music, and now, it doesn't have HemiSync in there, but I've included that in there. Um, and my students generally raised their grade average, even the unmotivated ones, one whole grade average in a semester.

But sometimes I have great successes, like the 70-year-old woman who had flunked math, at least 20 times, according to her, and she didn't think this was going to work. And at this point, I didn't either if she was not going to change your mind. But I created a strategy using a lot of the things we'll talk about today. I had Einstein hooked into her brain every night, I had affirmations and what we did we we used all of the strategies for two weeks, she kept coming and going. Now see, she would never come to me and say it's not working. Because when you affirm out loud, something, it's 1000 times more powerful than any internal thoughts of energy in the body. It myelinates those neurons, and thou shalt not say anything negative out loud around me. So she whispered. I only have two weeks until the final exam, I said cool. She says, My husband doesn't think we can do this. So he's offered me a free trip to Europe. I said, cool.

So I said, are you still doing it? We added a few more strategies. And, long story short, one week later, she and her husband were in an argument about the question, the math question. And all of a sudden, he said, I don't know, I don't know, how to do this one.

And I like went on inside of her head, she saw, whozits, Einstein. And Einstein said you do. And all of a sudden, she understood math. It's a true story. She not only took the test the next week, got an A on her math test, got out got to Europe and sent me to Crystal necklaces from Europe that I still have proof.

Now what I tell my students is if a 70-year-old lady who thought she was a failure for that long, could restructure and access parts of her brain, think of what you can do. And I never think we are too old. Sometimes we think we're too smart. But we are never too old.

My first aspect of all of this was getting into super-learning 18 years ago, all of you have probably read the book, Super Learning Ostrander and Schroeder, right? If not, bypass it and just get their second book Super Memory. But what they said they took all of the research from Bulgaria and showed how the Bulgarians use Baroque music, breathing passages, a four-four times 60 beats a minute, had it down left hemispheric, I'm telling you it worked in Bulgaria. It doesn't work here in the last 15 years because the brains are changing. But that's where it started. It was really a neat strategy and it introduced me to music.

Well, from there I then went and started researching the healing aspects of music and how music, and you might want to write this down, is the one single input that instantly synchronizes the two hemispheres. Music is the one single input that instantly synchronizes the two hemispheres. As you get brain synchrony, not just the two hemispheres, by the way, but brain synchrony, you can go into super-learning and super performance. This is something that's the new MRIs have just taught us. We can myelinate a new synapse, a new neuron and a synapse in 15 seconds. If we do the strategies beforehand.

How many of you have read about Oliver Sacks Awakenings and his aspects about music on isn't it? Okay, let's let's talk about this. You know, Parkinson's patients, okay, and they just they have no muscle tone and the myelinating sheets are going to write stability in most Parkinson's patients to respond to music is remarkably unimpaired. They may be unable to walk, but able to dance, unable to speak, but able to sing. Even just imagining the music will do the trick. Rosalie apparently knows all of Chopin by heart, and Dr. Sacks need only mentioned Opus 49 and her body posture and expression are instantly transformed.

Sacks says it's the therapeutic power of music is fundamental for improving the quality of life of not only parkinsonian patients, Alzheimer's, but all the rest of us. And he's a supposes that listening to music activates an internal, natural music that keeps all aspects of brain function working together. And that's something that I've really found out, too. How many of you are familiar with the new research out of UCI about just listening to Baroque, raise the IQ nine points, only lasted 15 minutes? Because they didn't talk to me beforehand. But if you're taking the SAT, nine points on the IQ test is a lot. Yes.

Now get this, if you haven't read it. How many of you have read this? If not, they took 36 college students who listened to a Mozart sonata, a relaxation tape, by the way, which I think would be comparable to some of the music that is on our current metamusic's right now, and nothing. And then they took three different IQ tests. Mozart gave them an average score of 119, as opposed to 111 for the relaxation tape and 110 for silence. That is not exactly a cool

thing for, that's one of the reasons I've looked for it at least 10 years to try and find another style of metamusic.

What is the magic in Mozart's flute? One theory is that the intricate musical structures resonate in the brain's dense web, lubricating the flow of neurons. Another is that the neural structure includes regular firing patterns that build along the surface of the brain like bridges. Mozart's musical architecture evokes a sympathetic response from the brain the way one vibrating piano string can set another humming.

This is fabulous information. And I think is just the perfect time for us to go out with metamusic from HemiSync. Combining the Hemi sync music with the beta that is currently missing. I think it's just an idea whose time has come.

So we have 20% more - gifted kids, it's been shown the one thing that they have over other so-called normal kids, is a rapid efficient movement across the corpus callosum. So they have no problems with their right brain, what they have a problem with is moving back into their left brain.

Let me show you, you thought that was bad. Let me show you a current, hot-off-the-press Nintendo app. Now that's the other thing. We're competing for. A lot of people that say these kids cannot concentrate. ps. Have you ever seen a kid with a new Nintendo game? They will play it over and over and over again. And they will win it and then they'll give it away. They'll never touch that \$70 thing again. And then they want to go on because it's this instant gratification and stimulation. Here's that Nintendo app my kid pulled out ... (sound from Nintendo)

They are the future of America. (You hear that?)

We're gonna have a good time.

Was it faster? Was it more chaotic? And yet those kids know everything that was on there.

And you know what the motto is? Did you hear the motto? Where, "They are the future" and "We're gonna have a good time." And so we have all these kids hitting the school system right now, and some of you are bringing them into your womb. And having humbling experiences like I am, having my kid identified as ADD, attention deficient. Hey, by now the term is almost lost its meaning because one out of three in the school system right now is declared as attention deficient.

So that is why three years ago, Bob Sorenson and I started comparing notes on what we knew. Asking Suzanne, now Suzanne was really, Morris, as the person who first triggered me even thinking about all of this. Could metamusic really affect the brain of the current generation

that much. You weren't here five years ago on my first time but she showed a videotape and when I saw a catatonic and autistic kid, their whole muscular structure, relaxing with the tape. I went, my god, we're not whistling Dixie about this Well after that, I started using the tapes, metamusic with people dying of AIDS and then children in the hospital. So now I've seen, and I want to just share with you one of my, for me most dramatic, it's a picture worth 1000 words? Am I, am I too intense for you right now? Oh, good, okay.

Yeah, I'm assuming no, okay.

You might want to write this down. The auditory nerve is one of the most complicated, most connected nerves in the entire body, equals visual the optic nerve. And yet the optic nerve, I would say is more important, particularly to this society. But it goes through the auditory nerve, actually takes in the sounds that electrifies the brain, according to some artists, and I believe him, it not only synchronizes both hemispheres, it then moves down into the limbic brain, and then actually has connections down into the immune system. And as Dr. David Tom would say - probably affects every cell, if not every organ in the body. Positive or negative.

You will have - now what you want to know is that what goes in with music comes out with music. What goes in with music can be retrieved with music, because all of the parts of the brain are opened by music. So that's what I have taught my students how to do, is to use a particular kind of music while they study. My kids, all of a sudden, thank God are going back to 60s and 70s music. And I haven't heard the music for 20 years. I don't know how old I am. So 30 years, maybe, I'm 60. And all of a sudden, I remember all the lyrics. Have you ever had that happen? And not after all the lyrics all of a sudden, then what you do is you remember who you were dating and what the turkey did to you and you have all the emotions, the whole bodies involved?

Now what I tell my students after I tell them that is now I can show you how to use music so that you can have 100% access to that recall to get that A on the test. Are you willing to go with it? What do you think they tell me? Absolutely. These kids want to get A's. Forget about getting knowledge. Do you understand? They are just here at school right now just to get their parents off their back, and to get their degrees and to get on with life.

Now, I found out about 15 years ago that my students went, Baroque?. I don't care what the research is. It makes me tired. It's boring. I'm not gonna do it. I want Okay, cool. TV and movies right then were doing what are called soundtracks. Do you know that there's more money in soundtracks right now almost in the main stars, because they are doing all of our hemispheres. All of our limbic brain, the whole shot, they are doing it with the music. Now, a lot of people did not go see Bodyguard to see the two actors when they go see for? The music, and they keep going back to the music, and then they buy the album, and then they buy one for their car. And that's what's being programmed in right now. And that's cool.

Now, the only thing I tell my students is, pick your favorite soundtrack that really inspired you. Why do I want them inspired? So that I know their limbic brain likes the music. He wants, never listen to anything you don't want. It's just a role they do, don't you? You listen to things that you don't like? So because music affects everything you got to like what you're listening to. Now, so I said, find yours. So what are some of the famous soundtracks that you would use? If you were going to teach students? No words by the way, there can be no words in the lyrics. Why? Why no words? Left hemisphere can only process one verbal message at a time the song lyrics or the what they're studying, which do you think they will hear?

Okay, so if you understand you're only wanting to put one verbal message in at a time, then you use the music and the soundtrack. Soundtracks have the other key ingredient which is a repeatable refrain, must have a repeatable refrain that they can remember. Okay, so if you don't remember them - Rocky, Chariots of Fire, what other ones? What? Star Wars. So whatever movie it is, they had to feel good because this state founded remembrance.

So what I do is I teach them to have it in the background, low key while they are studying. The key is they must always know which music they were listening to when they were studying. Do you understand? That's why they can't just turn on their radio station. Sure, everything's being transmitted in there, but you have no recall. So I tell them, physics - use Chariots of Fire. A lot of them go physics, why would I take that? Okay, history, Chariots of Fire, whatever you take us, use Chariots of Fire. And then what they do, they have it in the background. They then go and they take the test. All they have to do when they are blocking on a test on a question, is what? They don't hum it out loud, because they'll get thrown out. All they have to do is just like this Sacks patient, allow it to go through their brain, and she can walk immediately. Her body it organizes everything, music.

Well, that worked really well. And then I came in contact with the Hemisync tapes. I was into the H-Plus before most of you were into the age plus, and I found out that Retain-Recall-Release really, really worked well. Unfortunately, Concentration irritated at least 75% of my students. Why? I know this is sacrilege here but why did it upset them? TV noise, electromagnetic buzz, microwaves. It immediately stimulates that and what they just can't stand being around. It literally irritates their whole system.

So what my students three years ago said, Why don't you get some music, you know, good music and put it with some of whatever's behind it. This sounded like a great idea to me. I came back, we started the idea three years ago. Last year, we had all of the keys, I think, to create a super-learning, quantum-learning Metamusic. And I have to say that Mark Certo's genius, absolutely, and all of his expertise. When I told him everything I knew about the brain, everything about the quantum learning everything I needed, and everything my students said yuck about, he could tell me what needed to be done. This music is so scientifically created. What we needed, he didn't know that, but what we needed on all of the Mozart pieces that

were just done with the 9% increase in IQ, must be complex, and has to have variety for this particular generation. So you will not use this Metamusic as a relaxation tape, please. This is designed to make you alert, allow for your brain to process any information, allow for you to be incredibly creative and whole brained while you're doing something. I have actually tested this driving in a car. Cool. It's very - I'm not crashing in anybody. In fact, what I'm doing is having to take my little Walkman with me because my ideas are coming through incredible. I'm like, Oh, wow. So it is allowing that for me to happen.

He told me that we had to have all sorts of scientific stuff. And he wrote it all down, Mark wrote it down and one musician, talked to the other musician. So a lot of that I don't understand, you'll have to ask Mark. What I do know is Mark had the concept that we should have two different betas behind it. Oh, by the way, this current generation, the thing that they don't have is beta waves when they go to school, they have enough alpha. And they just don't. And they go into delta you know. So what they need is the beta while they're in class. So we decided to do the Concentration beta, which was his great idea, because I was thinking of the attention deficient beta that was created by is concentration beta? Absolutely. Okay, outside of that it's a trade secret. But I do know that the Attention Deficiency one, beta, which was formulated by Bob and Mark, and Suzanne and Bob are going to have to figure out what it does to the Attention Deficiency. I just know that it's a quantum learning tape that helps you and I and I'll tell you some of the stories in a minute.

Other thing that we did, so we had a complicated variety in the music, faster heartbeat, almost all of the Metamusic we have right now slows the heartbeat of the young people down too much. And they just get bored and they get tired and they can't study. So what we did was do 72 beats a minute on the first song, 90 beats a minute on the second song, 72 beats a minute on the third song, the last song is the long one and it is 60 beats a minute, according to the normal quantum learning. One other thing that we did. We studied Dr. Ono's research and Suzanne Alexander. Are you familiar with that as a DNA music? Doctor Ono, who is a biophysicist or something? And I would definitely, Mr. ..., you should know about this, and I'll give you the info on Dr. Ono took all of the mathematics of the DNA and retranslated it back into music and found that the antibody, the human antibody, sounded like a Chopin waltz. He then got the clever idea of translating back what the DNA structure of, and translated into symbols, of the cancer gene was. And it was a Chopin funeral much They took the DNA of an AIDS virus, and it had no harmony, no melody, chaos.

So, music, I believe is also then affecting us at the DNA levels. Yes. When I came across this was when we were working with the AIDS patients. I had heard about Susan Alexander who created DNA music. And I listened to that. It irritated me, but when I used it with people who had AIDS, they loved it and use it a lot. And in the DNA music that Suzanne Alexander has out, it is, and includes a healthy antibody, the rhythm and everything of a healthy antibody. So I believe that I would use it if I was sick, particularly with a retrovirus.

JS Epperson, a student of mine is a composer and he also composed the music for the Going Home tape right? Focus 27. By the way, how many of you have exposed yourself to the Going Home series? Absolutely fabulous, and doesn't it make a difference having that music embedded in there? Believe me, I think it's triggering so much more. And I thought that they were just fabulous.

Okay, really send it out to the inner circle. And this is some of what's already come back. Literally six out of seven said that:

Total clarity of thought. Calm without sleepiness, energetic.

Did you experience a sense of greater focus or attention while using the tape? Yes, *at first, I hadn't really. (I'm going to use **Sensory-Seeing very soon.**)* Hadn't really noticed because I was playing it at work, first thing on Monday morning. By 10 am, two hours into the day, I realized I had gotten through three tasks, seven phone calls without skipping a beat. Yay.

And then he puts down at the beginning, where they compare their favorite metamusic with the effects of Remembrance. *This is a whole different ballgame. My favorite Metamusic, Inner Journey ,keeps me calm Remembrance keeps me energetic.*

Another person says, on feelings and sensations. *I had a profound feeling of openness, a feeling of joy, release. The piano keys detached and formed a spiral staircase. Music notes had formed. A few problems I had working on suddenly became clear.*

Did you experience a greater focus, or attention while using the tape for background? Very much so. *When I can't listen to the tape, I have been using my focus techniques that I learned at Monroe.*

Definitely heightened awareness without other distractions intruding. The Remembrance tape provides more fully focused involved focus on a subject matter without wavering of awareness.

And then another one. *The ability to zero in on tasks at hand, both mental and physical, a feeling of balance, a feeling of pleasantness. Prisms helps me to work without stress. But this tape Remembrance gave a sustained energy.*

And I love this one, it's too long to read. And I was sure that it came from Stephen. Because this guy actually did a math test and a spelling test and the whole shot and please the rest of you, I would love to have this. And this guy loved it. He felt focused, exhilarated, even, especially without the headphones. And he says that on the side 2, which would be Attention, that all questions were answered correctly. So, there may even be an argument in support of enhanced or faster processing.

The only negative thing we got is from one person. And he said, Did you like the music? Yes, *it helped me to focus on the task at hand. But, **underlined**, I would not likely care just to listen to it for its own sake.*

So that is why we did Remembrance as a new, brand new Metamusic. Believe me, it is not to be used for meditation or relaxation. We created this with a lot of love, cooperation, joy, and I think a lot of thought, and so I hope you enjoy it, and I'll entertain questions.

In fact, let me tell you some of my stories. Those aren't - One woman was having a real block in her artwork. And I had given her three of the Metamusics with alpha. And she said, Well, that's fine, but you know, I just, just had a stumbling block. So the moment we got Remembrance, I said, Well, here's a new one, tell me what's the difference. And she wrote me back and said, Oh, my God, not only did it help me to do my art, but I now have a totally new way of doing it. And I put out six pieces of art this week, and oh, wow, whatever it is. And so she was really, really excited.

Another person was having a writer's block, in writing. And as long as it was in the background, it just seemed like that they really didn't have as much stuffing of their thought processes. Real Aha.

So the creativity, and I think creativity almost always comes first through the right brain. So I believe that we need some alpha but this is almost on that edge and in one place or another. It seems to focus. And to me, if I was doing creativity, I would go with the tape that helped me the most. The younger you are, the more that your heart rate is faster and you probably need more beta as a rule, just as a rule. One of my ADD teachers was using it. She was very tired. She put it on with headphones, and she was doing great on studying. And all of a sudden, all she said is she told me that she closed her eyes, went to the psychic place of death, saw the angels, saw the tunnel, was told that one of her friends was going to die, but that it was going to be okay, because this was the beautiful place that he was going to go to. And then let her back through the tunnel, and then she woke up. My response to that was, you did that with beta behind you. I have no real explanation for that. I was preparing for a speech. And I decided to try it on myself. And I was laying down instead of reading the words. So I was laying down and all I know is the 10 minutes in all of a sudden I was 12 feet in circumference. It was like every cell in my body was, was vibrating. And I was like ecstatic. It was like ecstatic. And then at the end as we came down off of the last one, I came down into reality and went, oh shit. 30 minutes before my speech. I started again; the tape went on again. 10 minutes later, I was 12 feet wide. I have no explanation for that.

(Question)

Yeah, no, I think you need I think you need alpha. And I think what we need is, if you are already really creative, don't, don't try anything. But music generally is the one single thing that

integrates both hemispheres of the brain at the same time and the limbic brain. I think it opens up you know, like the synapses, the synaptic cleft and all the dendrites. And that's what we're trying to do is get a bigger web in the brain of the dendrite connections of what you're doing while you're listening to the music. Has to have rhythm has to have harmony, must have a tonality, and you must like it. Elsewise, you don't use it. Do you know what I mean? It would mitigate against it. I think there are billions of us on this earth, and that each of us finds the strategies that we need. What I think we needed was a new Metamusic that had something else. I know that the younger generation, average attention span is two minutes for even the best of you. So I like to stop early. And I hope that you find it helpful and I'm glad we did it.